



# YANKEE SPANKY

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# Halifax metro



Your essential daily news | MONDAY, AUGUST 10, 2015

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ZANE WOODFORD/METRO

## WELCOME TO DONAIR-IDISE

SET YOUR MOUTH TO WATERING FOR CITY'S FIRST DONAIR CRAWL

metroNEWS

## Campaign MIA in N.S.

### ELECTION

### No sign yet of leaders on the East Coast



**Haley Ryan**  
Metro | Halifax

Week 1 of the federal election is down, with none of the four major party leaders making an appearance east of Quebec.

Since the campaign kicked off last Sunday, Stephen Harper, Thomas Mulcair, Justin Trudeau and Elizabeth May have been making stops in party strongholds and areas where they hold few seats to drum up support.

But none have been seen since Aug. 2 in Nova Scotia, Prince Edward Island, New Brunswick or Newfoundland and Labrador.

Harper kicked off the 11-week election in Ottawa before making stops throughout Ontario, as well as one in Laval, Que. A

spokesperson offered no comment Sunday on when Harper would be here, but said the prime minister "looks forward" to travelling across the country, "including to Nova Scotia."

Last week, Trudeau and his Liberal team made an appearance in Calgary, a Conservative stronghold, as well as in Ontario and B.C., before holding an Ottawa rally Sunday; May of the Green Party spent time throughout her B.C. base, as well as Thunder Bay and other parts of Ontario; and the NDP's Mulcair was in Quebec and Ontario before holding a rally in Vancouver on Sunday.

### + WE'RE WAITING

A request for comment on when Trudeau and May would be in Nova Scotia went unanswered Sunday, and an NDP spokesperson said couldn't confirm when Mulcair would be here.



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# Historic Green Lantern building could get makeover

**BARRINGTON STREET**

## Nine-storey development proposed



**Stephanie Taylor**  
Metro | Halifax

A new chapter may be coming to the life of a Barrington Street icon.

Known formally as the Keith Building when the Gordon and Keith furniture store opened in 1896, the building at 1581-1589 Barrington Street and its art deco façade has greeted downtown passersby for more than a century.

It's also more popularly called the Green Lantern, after a restaurant that operated on the main floor until the 1960s.

But in recent years, the building has sat mostly empty, except for a few pop-up shops and a rotating door of tenants, including the now-shuttered Pogue Fado Irish pub.

However, all that could change.

This week, WSP Canada Inc. on behalf of developers Jason and Jordan Ghosn, will present a proposal to redevelop the building into a nine-storey residential tower to the city's design review committee.



**A preview of a proposed new development for the Green Lantern building on Barrington Street by WSP architecture group.** CONTRIBUTED

"The goal of the project from the beginning has been always to find the balance between preserving the heritage and making the project feasible for the developer to actually be able to redesign

the building," project planner Kourosh Rad said in an interview.

According to the plan submitted to Thursday's committee, the building would be redesigned to offer 3,900

square feet of commercial space and nine storeys of residential units facing Granville Street, while still preserving the original brick Barrington Street façade.

The proposed tower would



**People walk by the Pogue Fado.** METRO FILE

hold 63 residential units that includes one penthouse, 17 microlofts, 18 two-bedroom units and one three-bedroom unit, plus what Rad calls a "sculptural" rooftop that will keep with the "look and feel of the Green Lantern."

"Residential units will have an industrial loft design that will be supported by the exposed historical elements throughout the original building," according to the plan.

A three-storey underground parkade has also been proposed.

In terms of preserving the building's history, Rad said the project would restore parts of the Barrington Street façade

## + BACKGROUND

Project planner Kourosh Rad said the project is still in its early stages, and, given the fact it's a heritage property, would require approvals from the design review committee, the heritage advisory committee and likely regional council before any construction begins.

back to its former 19th century state, as well as retain many of the building's original features, such as interior masonry and elevator shaft.

**HOLLIS STREET**

## Construction of bike lane begins

After a years-long process, construction will begin on the Hollis Street bike lane on Monday.

A release from the city says the project will begin between Salter Street and Terminal Road, and no road closures are expected.

The whole project is anticipated to take about four weeks to complete.

The bike lane will be a two-

foot wide painted strip on the left side of Hollis Street.

All parking meters currently on the left side of the street will be moved to the right and, potentially, there will be more added on that side.

There will be no stopping in the lane between 7 a.m. and 9 a.m. and between 4 p.m. and 6 p.m.

STEPHANIE TAYLOR/METRO



**A cyclist travels on Hollis Street.** JEFF HARPER/METRO

## IN BRIEF

### Woman robbed in front of Citadel Hill town clock

Police say a woman was robbed as she sat in front of the Citadel Hill town clock in Halifax on Saturday night. According to police, the victim was approached around 9:50 p.m. by a man in his 20s and told to hand over her money.

The victim co-operated and turned over some cash. The male suspect, and a woman who stood off to the side, left the area on foot toward Brunswick Street. No one was injured, police say.

METRO

### Masked men with shotgun rob pizza delivery driver

Police say a pizza delivery man was robbed at gunpoint by two masked men outside of Halifax on Saturday night. The RCMP say the robbery happened at 11:50 p.m. on Cherry Brook Road in the community of Cherry Brook.

The driver went to make a delivery on the street and was robbed at gunpoint by two men wearing masks, a police release states. The suspects took both money and the pizza before fleeing the area. METRO





**HALIFAX FORUM A GLIMPSE OF INDIA** Shikha Arora, left, a 17-year-old from Dartmouth, dances with her sisters Sarika, 12, and Supriya, 17, at the fifth annual India Fest event Sunday at the Halifax Forum. The popular three-day festival included everything from dancing and music to great food and cultural information. PHILIP CROUCHER/METRO

# A 'thank you' for caregivers

## AWARD

### National campaign calls for Halifax nominations



**Haley Ryan**  
Metro | Halifax

Those Haligonians who pour all their time and energy into helping loved ones or clients could be up for a \$10,000 pat on the back.

Canada Cares, a non-profit dedicated to raising awareness for family and professional caregivers, has launched its third annual campaign calling for nominations around the country.

Of the hundreds of entries they get every year, program chair Caroline Tapp-McDougall said they narrow the field to 10 people after nominations close Sept. 18, with one finalist receiving \$10,000.

"It strikes people very to the heart," Tapp-McDougall said in an interview about recognizing often under-

appreciated care workers and family members.

"We hear about all of the stories in health care that aren't necessarily happy ones, so this is a happy one in the middle of sort of a difficult situation."

Five of the finalists will be professional caregivers, while the other five will be family or friends who handle caregiving duties, all chosen from the Atlantic, western, central and northern Canada regions, Tapp-McDougall said.

Each nomination should explain why the person is deserving of the award and what the money would be used for, Tapp-McDougall said.

Every journey for those caring for people with disabilities or a medical condition is different, Tapp-McDougall said — from support workers who drive to six homes a day in a blizzard and drop off food after their shift, to a family member living in the sick relative's home while keeping a job and raising kids at the same time.

Private caregivers often aren't paid at all, while

health professionals do valuable work that's still not "the most prestigious or the highest-paying," Tapp-McDougall said.

"You're really 'on' all the time," Tapp-McDougall said. "I think people like to celebrate that and they like to say 'thank you.'"

There will also be the Caregiver-Friendly Workplace and Caring Communities awards handed out alongside the grand prize in November, Tapp-McDougall said.

Those employers who help their staff keep flexible hours or work from home while caring for a family member can be recognized for the workplace award, Tapp-McDougall said, while a caring community would have many accessible stores, services, and restaurants where those who are disabled or ill could be comfortable.

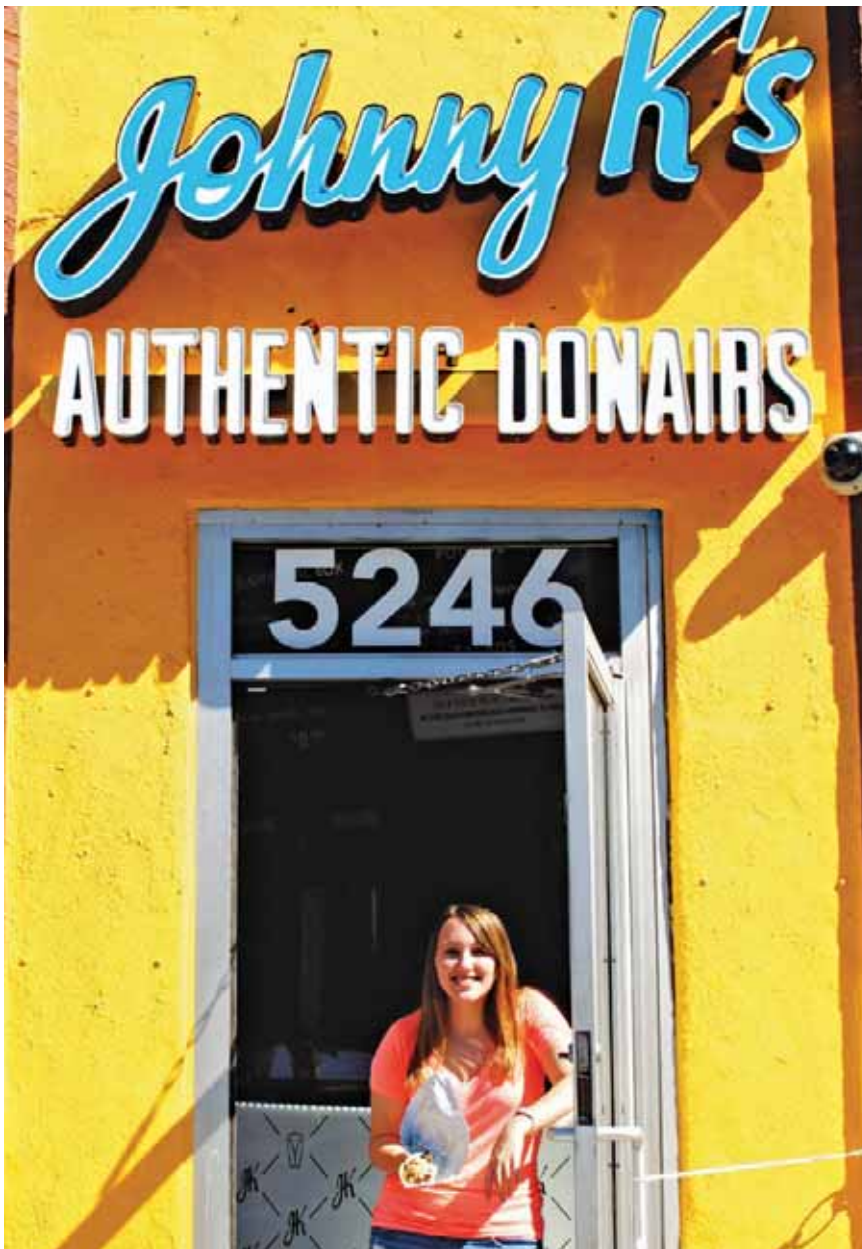
## HOW TO ...

Visit [canadacares.org](http://canadacares.org), or call 416-421-7944 to enter a nomination.



**The non-profit Canada Cares wants to recognize underappreciated professional and family caregivers and is seeking nominations.** THE ASSOCIATED PRESS FILE





Amy Langdon, organizer of the Halifax Donair Crawl, stands in the doorway of Johnny K's — the last stop on the crawl. Six locations will be taking part across the city, beginning at King of Donair. ZANE WOODFORD/METRO

# Donair lovers get crawling

## COMMUNITY

**Social media-driven event the first of its kind in Halifax**



**Zane Woodford**  
Metro | Halifax

Ladies and gentlemen, adjust your belts. The first ever Halifax Donair Crawl is going down this Saturday.

Not a pub crawl, no — a donair crawl.

The idea came about as kind of a spur-of-the-moment thing, not unlike the decision to order a donair after a few too many drinks on a Saturday night.

"Me and a couple friends on Twitter were talking about the best places to get a donair in the city, and my friend Colin said, 'It sounds like you're planning a donair crawl,'" said organizer Amy Langdon.

That lit a fire under the 23-year-old health care worker. She threw together a social

media presence and a logo and started planning, and within 24 hours, the @HFXDonairCrawl Twitter account had picked up 100 followers.

"It went huge really fast and everyone was super excited about it," she said.

Next came figuring out where to go, a daunting task in a city where you can get a donair almost anywhere.

The final route starts at King of Donair and ends at Johnny K's.

"I made the stops based on the shortest distance, because it's going to be difficult to walk after all those donairs," said Langdon.

The donairs at most of the stops will be sample sizes at discounted prices, like the three-inch donair at King of Donair for \$1.

A T-shirt and bracelet gets you into each stop, and Langdon was able to keep the price to \$8 by securing sponsorship from a few of the stops.

She still has a few t-shirts left, and extra bracelets for those procrastinators that don't decide they want to eat a crazy amount of donairs until the

“

**I made the stops based on the shortest distance, because it's going to be difficult to walk after all those donairs.**

Organizer Amy Langdon

day of the event.

In the end, she expects about 50 people to be walking in a zombie-like donair haze through the streets of Halifax Saturday afternoon.

But Langdon hopes the outcome will be different from your average pub crawl.

"I'm hoping no one throws up," she said, adding that some moaning, groaning and lying on the sidewalk is to be expected.

**\$8**

**The cost of admission to the event is \$8, plus \$1 to \$4 per donair. Come one, come all!**

**50**

**By the end of the event, organizer Amy Langdon says she expects approximately 50 people to take part in the Donair Crawl.**

## + THE SPECIFICS

### When?

The event runs Saturday, Aug. 15, from 2 to 6 p.m.

### Where?

The following locations are taking part:

- King of Donair
- Tony's Donair
- Robie Street Station
- Mezzas
- Sicilian Pizza
- Johnny K's Authentic Donairs

## ANIMAL EDUCATION

# Cat Fest draws feline-loving crowd

**Heide Pearson**  
For Metro | Halifax

Our furry, four-legged feline friends deserve to be celebrated, or at least that's what people attending the city's first Cat Fest at the Museum of Natural History thought on Saturday.

There were cat lovers wearing cat ears, cat pants, cat shirts, whiskers and one lady even had on a full cat costume. Purry cute.

"It started actually, with a conversation about the success of CatCon, in Los Angeles," said museum curator Jeff Gray. "And then we realized that to-

day is actually International Cat Day ... what could we do to mark that day and the exhibits?"

The festival was held in conjunction with the two exhibits currently on at the museum — "The Lion's Mane: Science in the Serengeti" and "Pounce: Cats from the Collection."

Seventeen different organizations, both vendors and exhibitors, were at Saturday's fair to sell their products as well as educate cat lovers about issues surrounding domestic and feral cat popu-

lations.

Cat enthusiasts could learn what it means for a cat to be feral, how the TNR (Trap, Neuter, Return) process works and where to adopt. And the

best part? There was a live cat petting room where two small kittens from Healing Scars Animal Rescue, who were up for adoption, were being showered with constant love.

Cat Fest also taught visitors about cats that might be a bit too big to have in your home — wild cats.

"The Lion's Mane" is an

interactive exhibit that shows different species of lions and how they live in the wild. It features two real stuffed lions.

"Pounce" is a display of several different cat species a little closer to home, large cat pelts and two mummified cats that were found here in Halifax.

Both exhibits are on display until Sept. 27.

Gray hopes the exhibits will get Cat Fest-goers talking about big cats in the wild, as well as having them ooh and ahh over the fuzzy cats they can pet and play with.

He said Cat Fest could become an annual event, which I'm sure many of the visitors think would be purrrrrfect.

**17**  
Altogether, 17 organizations took part in Saturday's event.



Leah Leonard and mom, Heather, give kittens Raven and Con-tessa some love on Saturday. HEIDE PEARSON/FOR METRO



## INVESTIGATION

# Dartmouth woman killed in collision

Police in Nova Scotia closed a section of Highway 101 due to two collisions Friday, one involving a transport truck, and the other a dump truck that killed a Dartmouth woman.

According to a release, RCMP say a transport truck hauling an excavator struck the exit at the Falmouth overpass around 1 p.m.

Although no one was injured, debris from the accident flew and hit another truck behind it.

Police also say the overpass was badly damaged.

About 45 minutes later, offi-

cers responded to another collision after a dump truck hit an SUV between Exit 6 (Windsor) and Exit 7 (Falmouth) on Highway 101. Preliminary investigation revealed the SUV was rear ended by the dump truck, resulting in the death of one of the SUV's female passengers, which police later said was a 78-year-old woman from Dartmouth.

The two others inside the SUV were then transported to hospital with non-life threatening injuries, while the driver of the dump truck was unharmed. TC MEDIA

## IN BRIEF

### Police officer being probed after mistakenly firing gun

A Halifax police officer is the subject of an internal investigation after he or she accidentally discharged a firearm Friday morning. A press release says the officer was doing a "routine function check" just outside the West Division office on Convo Run. The firearm was pointed in a "safe direction" when one round was discharged.

No one was injured. METRO

### Man stabbed on Gottingen St., victim not co-operating

Police are investigating a stabbing that took place in the city's north end. A 58-year-old man was found with a wound to his torso Thursday night. The man was taken to hospital and later released, but did not co-operate with investigators.

METRO

# Old church steeple crashes into street

## LIVERPOOL

## No one hurt as crane buckles and loses load

A demolition project at a Nova Scotia church went terribly wrong on Friday afternoon.

A crowd of people watched in horror as a crane that was lifting the steeple buckled, sending the spire of the 150-year-old Milton Christian Church in Liverpool crashing to the street.

Videos captured by onlookers showed the crane slowly removing the steeple, when it suddenly snapped with a loud bang, sending onlookers running for safety.

No one was hurt, but the boom landed on top of power lines and electricity was knocked for thousands in the wake of the incident. Traffic in the area was affected for hours as crews cleaned up the mess.

Nova Scotia Power said the

incident, which occurred at 2:30 p.m., affected 3,663 customers. The power was restored by 5 p.m.

The church is being demolished to make way for the construction of a new worship space at the site.

The church was built in 1864 and has had a few changes over the years including adding a balcony and, in more recent years, the addition of a kitchen and bathrooms in the basement of the church. TC MEDIA

## MIXED FEELINGS

Members of the church have said they were both sad and happy as plans were set in motion for the taking down of the current building. The congregation has had some negative feedback on its decision to build a new church.



People look over the scene after the incident on Friday. TC MEDIA

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## SYDNEY

## Pride parade draws big crowd

Cape Breton's gay community was bursting with pride Saturday as it received the largest crowd in the 15-year history of the Pride Cape Breton Parade.

Children as young as two years old lined the parade route with family members as floats passed by, some throwing candy, to the delight of children on the ground.

"It's about the rainbow," said Breton Keagan, 5, when asked about the significance of the parade.

Keagan and his brother, Owen, 2, took to waving the rainbow flags on the sidewalk outside the Civic Centre.

One young parade participant, Tommy Sampson, held up a rainbow-shaped sign with the words, "All hearts are equal."

The 13-year-old caught the attention of many watching the parade, and some asked for him to stop to have his picture taken.

"I feel we need to be respectful to other people. I like to be nice and do things for others," Sampson said.

A block down the parade, university professor Arja Vainio-Mattila walked the route with her chocolate Labrador retriever, Murphy.



A float in Saturday's Pride parade in Sydney. CAPE BRETON POST

Vainio-Mattila is the dean in the school of arts and sciences at Cape Breton University. She took on the role a year ago after



**It might be something that is a surprise for people coming from outside. The kind of openness that is really the Cape Breton welcome.**

Arja Vainio-Mattila

leaving the University of Western Ontario in London, Ont.

This was her first Pride parade in Cape Breton, but she and her partner are veterans of many past Pride parades in Ontario and elsewhere.

Vainio-Mattila is originally from Finland.

"My family (consists) of two women, two children, a dog and two guinea pigs," she said with a laugh.

"It's about supporting diversity here and also showing our children that this is a happy thing and something to be proud of."

CAPE BRETON POST

# Tributes paid to Flora MacDonald

## CAPE BRETON

## Ex-minister remembered for her many contributions

It's not everyday a federal cabinet minister gets her hair done at your family's beauty salon but for former provincial cabinet minister Brian Young, it's one of his many positive memories of Flora MacDonald.

"Flora always came to my mother's shop when she was in North Sydney," recalled Young after a memorial service was held in MacDonald's honour on Saturday afternoon. "I've seen her through many, many phases of her career. She was always very warm, genuine, interested in all of the people that she met."

About 150 people of all ages and walks of life filled St. Matthew Wesley United Church in North Sydney on Saturday afternoon for a memorial service for MacDonald, who died July 28 in Ottawa at age 89.

Ron MacDonald remembers his older sister, who was seven years older, as a kind-hearted person who genuinely wanted to help others.

"She was tremendous," MacDonald said. "I admired her greatly because she was very good at sports, she was very good in school and she cared for people immensely. She always had a great feeling for other people and she had an enthusiasm which carried her to the top in most anything and she was a worker always, right from her teenaged years right through."

**She was a woman who did everything that every woman in Cape Breton wants to do — be noticed, be seen and do something for the world.**

Sydney resident Barbara Shaw



Flora MacDonald speaks after receiving the Pearson Peace Medal from Governor General Adrienne Clarkson at Rideau Hall in Ottawa in March 2000. THE CANADIAN PRESS FILE

MacDonald gave the eulogy at Saturday's service. He said his sister kept working hard after leaving politics, becoming seriously involved in international humanitarian work around the world, including Africa, India and Afghanistan. She relaxed by participating in such activities as mountain climbing.

"When Flora was a teenager, Dad said she could become anything she liked — she proved him right," said MacDonald about his tireless sister.

In 1972, Flora MacDonald was elected MP for Kingston and the Islands and became the Conservative critic on Indian affairs and northern develop-

ment. She made an unsuccessful bid for the Conservative leadership in 1976 but went on to become the secretary of state for external affairs, in the Clark government (1979-80), the first woman to hold such an important federal Cabinet post.

After the September 1984 election, she served as minister of employment and immigration. She became minister of communications in 1986. She was defeated in the 1988 general election.

Rev. Nancy Ritchie, who conducted the service, said the former politician and humanitarian was a result of her solid upbringing in Cape Breton.

"Everything was from her roots here," said Ritchie. "Her life exemplified what she learned in childhood."

"She was such an inspiration to women," said Sharon MacDonald after the service, and her sentiment was echoed by others at the memorial service.

CAPE BRETON POST

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## NORTH KINGSTON

## Fire destroys barn, damages house

Firefighters and equipment from several Valley departments responded to the scene of a barn fire Saturday on Highway 221 in North Kingston.

Kingston firefighters received the original alarm shortly after noon, and on arrival found a large barn fully involved.

Kingston Fire Lt. Kyle Spearin estimated the barn was "80

to 100 feet long by 50 feet wide," and was within "probably 20 or 25 feet" of the adjacent farmhouse.

The fire had spread to the house by the time firefighters arrived, and the efforts of some of the firefighters were focused on saving that building — which they were successful in doing, though the house did sustain some exterior fire

damage.

As well, gusts of wind blew flaming embers in a westerly direction, according to Spearin, "setting multiple grass fires and catching a barn on the neighbouring property."

Fortunately, there were no injuries, and the only major damage was to the barn, which was levelled.

TC MEDIA





**MEMORIAL FOR CECIL** ARTIST PAYS TRIBUTE TO SLAIN LION Brian Gasenzer of Winnipeg painted his Arlington Street home's garage door with a tribute mural to Cecil, the African lion killed in an illegal hunt in July. DONNA MAXWELL/FOR METRO

# Reporter 'rattled' by live on-air kiss

SQUAMISH, B.C.

## RCMP looking for tips from public to help identify man

Another television reporter doing a live report received a jarring distraction after a man kissed her on the cheek.

CBC reporter Megan Batchelor was covering a music festival in Squamish, B.C., north of Vancouver, on Friday when the incident happened. She was doing a live hit for the network's 6 p.m. newscast when video the network aired shows the man came up from behind, kissed her on the cheek and took a selfie. The CBC quotes Batchelor as saying she was "rattled" by the encounter and felt like the unidentified man was trying to interfere with her ability to do her job.

The broadcaster is reporting that Batchelor has made a com-



**CBC reporter Megan Batchelor said she felt like the stranger who kissed her while she was covering a music festival in B.C. was trying to interfere with her ability to do her job.** TWITTER

plaint to the RCMP and the network is asking anyone who knows the identity of the man to contact police.

The CBC said in a statement on Sunday that Friday's incident is another example of a disturbing trend and the network will do everything it can to ensure its journalists are safe when reporting from the field.

The RCMP says it has taken statements from Batchelor, a CBC cameraman and a witness, but the head of the Squamish

RCMP detachment said tips from the public would be key in helping police to identify the man. "We really have no other recourse than to seek the assistance of the public," said Staff Sgt. Brian Cumming.

It's unclear what charges might be laid. Cumming noted that in British Columbia unlike other provinces, police must refer the case to the Crown and prosecutors decide on laying charges.

THE CANADIAN PRESS

## IN BRIEF

### Officials warn about outbreak of Cyclospora

Public health officials are warning about an outbreak of the intestinal illness Cyclospora, with 83 cases being investigated across Canada.

The Public Health Agency of Canada has issued a statement that says two people have been hospitalized from the parasite but no deaths have been reported.

The cases became known between May 9 and July 18 and are mainly in Ontario, but there are also some infections in B.C., Alberta and Quebec.

The agency says the source is unknown but past outbreaks of Cyclospora have been linked to various types of imported fresh produce, such as pre-packaged salad mix, basil, cilantro, berries, mesclun lettuce and snow peas. Cyclospora is generally low-risk and can be cured with antibiotics, but people with weakened immune systems, children and the elderly are at increased risk of developing complications. Symptoms include stomach cramps, diarrhea and loss of appetite. THE CANADIAN PRESS

## ELECTION

# Party leaders back on campaign trail

With the shadow of the Mike Duffy trial looming larger than ever, Stephen Harper is kicking off Week 2 of the federal election campaign with a headline-grabbing effort to crack down on homegrown terror threats.

Harper, keen to show off his bona fides as the experienced incumbent, promised to make it a crime for Canadians to travel to specific countries or regions where they could fight alongside groups officially identified by the government as terrorist organizations.

Duffy is due to be back in court on Wednesday as Nigel Wright, Harper's former chief of staff, takes the stand.

When Justin Trudeau was asked at a campaign event in the Ottawa-area on Sunday about how Wright's pending appearance might change the dynamic of the election campaign, the Liberal leader called

it a reminder of Harper's "lack of respect for democracy and of his extremely poor judgment."

Harper volunteered an answer to a question he wasn't asked, reacting to remarks made last week by "star NDP candidate" Linda McQuaig,

who told a CBC panel discussion that for Canada to meet its climate change targets, "a lot of the oil-sands oil may have to stay in the ground." The comments contrasted with NDP leader Tom Mulcair, who has been open to oil-sands development provided there is rigorous en-

vironmental protection and legislation to force oil companies to pay for pollution they create. Mulcair does, however, support a west-to-east pipeline for moving crude to market.

"That is the NDP's not-so-hidden agenda on development," Harper said.

THE CANADIAN PRESS

## LEADERS

### Where they are today

- Prime Minister Stephen Harper is due to be in Brampton, Ont.
- NDP Leader Tom Mulcair is scheduled to be in Toronto.
- Liberal Leader Justin Trudeau will be in Montreal.
- Green Party Leader Elizabeth May will be heading to Squamish, B.C.

METRO

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## STUDY

## Many at risk for heart attacks

Steadily rising rates of obesity, diabetes and high blood pressure over the last decade have dramatically increased the risk of heart attacks and strokes among some groups of ethnic Canadians, researchers say.

An Ontario study determined that from 2001 to 2012, diabetes rates more than doubled among South Asian men and almost doubled among black women.

While obesity levels rose among all ethnic groups and sexes, the biggest increase was observed in Chinese men, whose rate more than doubled during the study period.

"We found that the most striking difference was among the prevalence of diabetes," said lead researcher Dr. Maria Chiu, a scientist at the Institute for Clinical Evaluative Sciences (ICES) in Toronto.

"It was most stark among South Asian men. The prevalence of diabetes doubled over the 12-year period we looked at, from seven per cent to 15

**15%**

**The prevalence of diabetes among South Asian men living in Canada in 2012 — more than double the rate from 2001.**  
THE CANADIAN PRESS

per cent, and among black women it also increased, from about six per cent to 12 per cent."

The study, published Monday in the journal BMJ Open, analyzed data from almost 220,000 Ontario residents who responded to Statistics Canada's Canadian Community Health Surveys from 2001 to 2012.

It is believed to be the first in Canada to examine ethnic-specific cardiovascular risk-factor trends over time.

"We know that people who come to Canada are generally healthier to begin with — this is (called) the healthy immigrant effect — and then the longer they stay here, they pick up the bad habits of the Western culture," said Chiu.

"For example, they eat more fatty foods, they eat more meat, more processed foods, as well as eat between meals."

The analysis showed that black women and men and South Asian men had the greatest increases in risk factors for declining cardiovascular health over the period.

THE CANADIAN PRESS



**First Nations fisherman and University of Victoria doctoral student Nick Claxton pauses while setting a reef net. Claxton realized the opportunity for reviving the fishery style while conducting research for his thesis.** SAANICH FIRST NATION/THE CANADIAN PRESS/HANDOUT

# Reviving a traditional craft

## TSAWOUT FIRST NATION

### B.C. man aims to bring back reef-net fishing technique

Almost a century after fishing practices unique to First Nations in British Columbia's Salish Sea were outlawed, members paddled canoes back to traditional waters and dropped their full-sized reef net.

It was the start of a long-term mission to revitalize the once-celebrated technique for gathering food and bonding community for the Strait Salish people.

The web-like net — about the length of a city bus — was suspended between two canoes in an endeavour by a University of Victoria doctoral student who envisions bringing his nation's fishing style "back to life."

"In traditional times, it was really the backbone of our society," said Nick Claxton, who successfully defended his thesis on the practice in late July before an academic panel and 100 of his community members.

"And that's how I want it to be in the future. Where we

can all be reef-net fishermen."

Claxton, 42, initially set out to document the history of reef-net fishing and investigate ways to restore the practice. His research found that Strait Salish people relied on the method until 1916, when the colonial government called it a "fish trap" and brought in a ban.

"What is ironic is right around that time they allowed J. H. Todd and Sons to fish with their fish trap. It was at the time when the industrial-commercial fisheries started to develop," he said. "What I think they wanted was just access to our fishing locations."

Aboriginals were discriminated against, Claxton said, despite being signatories to the 1852 Douglas Treaty, which formally guaranteed their fisheries.

Some First Nations maintained the fishery on the American side of the Salish Sea, but Washington state officials stopped them in the 1950s or 1960s, said Claxton.

"That was really the last time we fished with reef nets," said Claxton. "The knowledge system of it was nearly lost."

Claxton realized the opportunity for reviving the fishery style as he dove into his thesis.



**A carved model illustrates how reef nets are used to catch fish in the Tsawout First Nation, B.C.**

SAANICH FIRST NATION/THE CANADIAN PRESS/HANDOUT

**In traditional times, it was really the backbone of our society. And that's how I want it to be in the future. Where we can all be reef-net fishermen.**

Nick Claxton

"It became more a project of 'Let's go out and do it.' So that's how that happened. We built a full-sized, modern reef net and we actually went fishing with it last summer."

Band members of all ages got involved. Schoolchildren were taught about the lore, while youth and elders designed the system and then held a sacred ceremony.

They left from Saanich Peninsula and went fishing in their

hereditary fishing grounds around Pender Island, one of the southern Gulf Islands along the Canada-United States border.

It was the first test of their newly constructed net, made with the same materials as a modern seine net. They suspended it between two canoes, which were secured by anchors. The net remained opened at one end, acting like a corral for incoming salmon.

There was only one hitch in the trial last August — the fish didn't co-operate. The sock-eye run was massive, but most returning salmon migrated along a different route than expected, likely due to warmer waters, Claxton said.

"We didn't catch anything, but it was a success because we were able to get the net fishing. And nothing bad happened, no accidents," he said. "The experience of doing it was more valuable than anything."

One reef net could haul up to 5,000 salmon per day. Claxton's hoping for another attempt this year — maybe in a few weeks — but it could be stymied again by low salmon returns.

His research will form the backbone of new curriculum in a local school. High school students will not only learn the fishery technology, but about its sustainability. No fossil fuels are burned, while unwanted bycatch can be released unharmed.

"That's the practical reasons for it, but it's also a fundamental part of our traditional way of life," Claxton said. "It can provide a sense of identity for our community and our nation."

THE CANADIAN PRESS



## RELIGION

## Catholics divided on gays

Pope Francis refined his vision for the church last week when he said long-spurned divorced and remarried Catholics should be welcomed with "open doors." And he has famously parsed centuries of thought on homosexuality into a five-word quip: "Who am I to judge?"

Yet the Archdiocese of Philadelphia opened its door only briefly when married gay teacher Margie Winters, trailed by supporters, arrived Monday with 23,000 petitions seeking reinstatement to her job at a Catholic elementary school.

Winters, 50, lost her job at Waldron Mercy Academy in June after a parent complained about her 2007 marriage to a woman. Her case highlights the shifting fault lines over gays in the church — and in church workplaces — just before the pope visits Philadelphia next month for the World Meeting of Families.

Jesuit-run Fordham University is standing by its theology chairman, whose same-sex marriage made the New York Times wedding section this year, while Seton Hall University, with ties to the Newark, N.J., archdiocese, recently dismissed a chaplain who denounced gay bullying and later came out as gay.

Around the U.S., more than 50 people have reported losing their jobs at Catholic institutions since 2010 over their sexual orientation or identity, according to New Ways Ministries, an advocacy group for gay, lesbian, bisexual and transgender Catholics based in Mount Ranier, Maryland.

In a pained July 3 letter to parents that noted Winters' "amazing contribution" to the school community, principal Nell Stetser said the nuns must recognize "the authority of the archbishop of Philadelphia, especially in the teaching of religion."

THE ASSOCIATED PRESS

# Haitian elections marred by violence, delays, fraud

## DEMOCRACY

## Legislative elections nearly four years late

Haitians were electing legislators to Parliament Sunday after a years-long wait, but the vote was plagued with delays, disorder and occasional fist fights and rock throwing.

The legislative elections had been postponed for nearly four years due to a political show-

down between Haiti's executive and opposition, and they have been billed as a crucial test of the country's electoral system ahead of a presidential vote in October. Sunday's first round seeks to fill two thirds of the 30-member Senate and the entire 99-member Chamber of Deputies.

But a number of polling stations across the country of 10 million people had to wait for ballots hours after voting was supposed to start at 6 a.m. In sections of Port-au-Prince, voters grew exasperated after being told they couldn't cast ballots



## Are they trying to discourage voting?

Gerald Henry

because their names weren't on official voting lists.

"This is very frustrating. Are they trying to discourage voting?" gardener Gerald Henry complained to a reporter after election workers turned him away.

In the crowded capital, at least three voting centres were shut down by authorities after fist fights broke out as partisans attempted to stuff bal-

lot boxes and engage in other irregularities. At one voting centre in downtown Port-au-Prince, groups of young men ripped up paper ballots as heavily armed police shot into the air to re-establish order. Rocks were thrown in response before authorities closed the polling station.

Local media also reported the closure of polling places in other sections of the country

and scattered arrests of people accused of voting more than once. Observers from various political parties complained election officials did not give them access to voting centres.

Still, Haitian Prime Minister Evans Paul said the government was satisfied with how the legislative elections were being handled, "despite the incidents that we would like to firmly condemn."

Roughly 5.8 million people were registered to vote. More than 1,850 candidates from nearly 130 political parties were running. THE ASSOCIATED PRESS



A man rips an election ballot after authorities closed a voting centre following fistfights that broke out inside during parliamentary elections in Port-au-Prince, Haiti, Sunday. DIEU NALIO CHERY/THE ASSOCIATED PRESS

## TECHNOLOGY

## 3D printing gives hen new leg



Cecily and her new leg. BOSTON GLOBE

**Keela Sweeney**  
Metro in Boston

Cecily, a Boston chicken amputee, underwent the first phase of her surgery to make a 3D printed prosthetic leg this past week.

Cecily was born with a torn tendon in her right leg that made walking extremely difficult. When the hen's owner brought her in to an animal specialist they were given two options: put Cecily down, or

pay for the prosthetic leg.

Cecily's owners decided that it was worth the \$2,500 US for a new leg.

"We decided it was worth splurging for the rehabilitation because we love our hens," Patrick Crozier told the Boston Globe. "They are more than just egg-layers. We help them so they can live as long as they can. They become part of the family."

After her series of surgeries and full re-cooperation, Cecily will be returned to the Black Thistle Farm in Clinton, Mass.

## IN BRIEF

### Gibraltar territory violated

British and Gibraltar officials say several Spanish police vessels and a customs helicopter illegally entered and violated the territorial waters and airspace of the tiny British territory of Gibraltar on the southwestern tip of Spain.

Britain's Foreign Office Minister Hugo Swire said although the incursions were believed to be part of the pursuit of a suspected drug-smuggling speedboat, the actions were unlawful. THE ASSOCIATED PRESS

## SAN FRANCISCO

## Woman swims dangerous channel

A New Zealand native became the first woman to swim the 50-kilometre stretch from the Farallon Islands near San Francisco to the Golden Gate Bridge on Saturday and conquer one of the world's most dangerous crossings.

Kim Chambers, 38, dove in the cold water late Friday and passed under the bridge about 17 hours later.

She was followed by a boat carrying her mother and about 16 crew members who watched

for dangers.

Four men have completed the Farallones to Golden Gate swim. The stretch of water is notorious for great white sharks that are attracted to elephant seals on the cluster of islands off the San Francisco coast.

The San Francisco Chronicle reports Chambers planned her swim at a time when the seasonal shark population at the Farallones is typically away and only year-round ones would be present. THE ASSOCIATED PRESS





**ISTANBUL DEMONSTRATORS RALLY FOR PEACE** Anti-war demonstrators flash the V-sign at a pro-peace rally in Istanbul, Sunday, against the outbreak of new clashes between Turkish security forces and pro-Kurdish rebels. Violence in Turkey has flared in recent weeks, shattering an already fragile peace process between the Kurdistan Workers' Party, or PKK, and the government. The rebels launch almost daily attacks at the Turkish security forces while Turkish jets have raided suspected PKK bases in northern Iraq.

LEFTERIS PITRAKIS/THE ASSOCIATED PRESS

# One year since Brown's death

FERGUSON

## Anniversary marked by silence and march

One year after the shooting that cast greater scrutiny on how police interact with black communities, the death of 18-year-old Michael Brown in Ferguson, Missouri, was marked Sunday with 4 1/2 minutes of silence and a march led by his father.

A crowd of hundreds that had gathered to commemorate Brown began their silence at 12:02 p.m., the time he was killed, and the length of time was to symbolize the 4 1/2 hours that his body lay in the street after he was killed. Two doves were released at the end. Police largely remained away from the ceremony.

Michael Brown Sr. held hands with others to lead the march, which started at the site where his son, who was black and unarmed, was fatally shot by a white Ferguson officer Darren Wilson on Aug. 9, 2014. A grand jury and the U.S. Department of Justice declined to prosecute Wilson, who resigned in November, but the shooting helped spur a nationwide "Black Lives Matter" movement that raised difficult questions about law enforcement treatment of minorities and police use of military-grade equipment while controlling crowds.

Pausing along the route at a permanent memorial for his son, Michael Brown Sr. said, "Miss you."

He had thanked supporters before the march for not

allowing what happened to his son to be "swept under the carpet."

Michael Brown Sr. had also led a parade involving several hundred people on Saturday. He said his family is still grieving, but he believes his son's legacy can be seen in the increased awareness of police shootings, and renewed skepticism when officers describe their side of events leading up to those shootings.

Vernice Durgins, a 60-year-old black woman from Ferguson, said she's seen little progress in the past year.

Some who marched in the Saturday parade wore T-shirts

"Darren Wilson" written on the side of the animal. The pig's head was placed on a concrete barrier near the sidewalk separating the protesters from the officers.

But the focus of the weekend is largely on Brown, who graduated from high school weeks before the shooting and planned to go to trade school to study to become a heating and air conditioning technician.

Relatives and friends described Brown as a quiet, gentle giant who stood around 6-foot-3 and weighed nearly 300 pounds. But police said Brown stole items from a con-

**It makes me sick to think what happened ... I looked it like it could have been my sons or grandsons.**

Vernice Durgins

with likenesses of Brown or messages such as "Please stop killing us" or "Hands up! Don't shoot!" which became a rallying cry during the sometimes-violent protests that followed the shooting a year ago. Some carried signs or wore shirts commemorating others who have been killed in confrontations with police.

Although the protests were largely subdued during the day, they picked up after dark as hundreds marched outside Ferguson's police department on Saturday night, mocking the handful of officers who stood watch.

Some of the demonstrators carved and ate from the head of a roasted pig, which earlier in the day had the name

venience store and shoved the owner who tried to stop him on the morning of Aug. 9, 2014. Moments later, he and a friend were walking on Canfield Drive when Wilson, who is white, told them to move to the sidewalk.

That led to a confrontation inside Wilson's police car. It spilled outside, and Wilson claimed that Brown came at him, menacingly, leading to the fatal shooting. Some witnesses claimed Brown had his hands up in surrender. Federal officials concluded there was no evidence to disprove testimony by Wilson that he feared for his safety, nor was there reliable evidence that Brown had his hands up in surrender when he was shot.

THE ASSOCIATED PRESS

WEST BANK

## Israel imprisons Jewish extremists

Israel intensified its crackdown on Jewish extremists Sunday, imprisoning two high-profile ultranationalist Israelis for six months without charge and arresting additional suspects in West Bank settlement outposts, security authorities said.

The crackdown comes after a deadly July 31 firebomb attack on a Palestinian home in the West Bank that killed an 18-month-old boy and his father and severely wounded his mother and brother.

Tensions have soared since that attack and on Sunday, Israeli troops shot and killed a Palestinian who had stabbed an Israeli in the West Bank, wounding him lightly.

Authorities called the arson attack an act of "Jewish terrorism," and Israel's Security Cabinet approved the use of harsh measures to combat the trend, including administrative detention, which allows suspects to be held for lengthy periods without charge. THE ASSOCIATED PRESS

### IN BRIEF

#### Bangladesh police kill six suspected tiger poachers

Police in Bangladesh have shot dead six suspected tiger poachers in the world's largest mangrove forest after a new survey found that the population of the big cats has dropped alarmingly.

Local police official Haren-dranath Sarker says authorities recovered the bodies of the suspects following a gunfight Sunday with a gang in the Sundarbans mangrove forest, home to critically endangered Royal Bengal tigers. THE ASSOCIATED PRESS

#### Gator captured after attack on swimmer in Florida river

A woman is recovering after being attacked by an alligator that bit off her arm while she swam in central Florida.

Rachael D. Lilienthal, 37, was swimming in Wekiva River on Saturday afternoon when the gator attacked her, biting her twice, according to Florida Fish and Wildlife Commission spokeswoman Karen Parker.

The 2.67-metre male gator bit off her arm just above the elbow.

THE ASSOCIATED PRESS

VERMONT

## Mom kills 3 relatives and social worker

A woman who lost custody of her 9-year-old daughter killed three relatives in a Vermont home and then headed to a nearby state office to gun down the social worker involved in the custody case, authorities alleged.

Police said 40-year-old Jody Herring shot social worker Lara Sobel, 48, twice on Friday, killing her outside an office of the state Department for Children and Families in Barre as Sobel was leaving work. Herring was

tackled outside the building and arrested on a first-degree homicide charge.

The next morning, an emergency call brought officers to a Berlin home, where they found three relatives of Herring dead. Police said at least two of the women appeared to have been shot.

Barre Police Chief Tim Bombardier said Sunday he doesn't expect any more bodies will be found in relation to the case.

THE ASSOCIATED PRESS



## TRANSCANADA CORP.

## Company plans for pipeline rejection

The Canadian company involved in the controversy-plagued Keystone XL pipeline project has begun planning its response to an anticipated rejection of the project by U.S. President Barack Obama.

In its public statements, TransCanada Corp. is expressing hope he might still approve the pipeline, which over the course of its years-long delay has become an irritant between the U.S. and Canadian governments.

But people close to the project say the company has become all but convinced a rejection is imminent based on signals the White House is sending publicly and privately — and it's now considering the next move.

One possible response is a challenge under the North American Free Trade Agreement to recoup damages from the U.S. government. Another is immediately re-filing a permit application with the U.S. State Department before the 2016 presidential election.

One source involved in the project said company lawyers are being consulted on the mechanics of a NAFTA challenge, and weighing the legal and political implications.

He said the main suspense now is how Obama will make his big announcement — quietly, in a mid-summer Friday afternoon statement, or boldly from a platform like his upcoming Aug. 31 trip to a climate-change conference in Alaska.

"There's a broad acceptance that the decision's been made," he said, adding that different White House employees had suggested a rejection's coming.

THE ASSOCIATED PRESS



Colin Dobell, president and CEO of Inuktun Services — a maker of modular mobile robotic crawler vehicles, based in Nanaimo, B.C. — stands with the Versatrac Vertical Crawler and the Versatrac Controller. CHAD HIPOLITO/THE CANADIAN PRESS

# Techies crawl to the top

## INKUTUN SERVICES

## B.C. company's agile robots explore where humans can't

What started as a fun project for two techies on Vancouver Island more than 25 years ago has now become an industry leader in robotic crawlers.

Inuktun Services Ltd.'s remotely operated vehicles, or ROVs, have combed through the radioactive wreckage of a tsunami-hit nuclear plant in Japan, assisted in search and rescue efforts after the Sept. 11 terror attacks, and are being used by the U.S. military.

But despite its international

success, the Nanaimo, B.C.-based company remains little known at home.

That's largely because most of its products are sold outside of Canada, said company CEO Colin Dobell.

"We're not really well-known locally and that's OK," he said in a phone interview from the company's head office on Vancouver Island.

"We're more export than anything ... oil and gas and nuclear would be our two biggest markets. But we get into a lot of other kind of oddball stuff too that we never even imagined our equipment would be used for."

Inuktun's agile robots are used to access confined spaces and hazardous environments that humans can't.

Their clients range from Pacific

**"We're not really well-known locally and that's OK."**

Inuktun Services Ltd. CEO  
Colin Dobell

Gas and Electric Co., which used crawlers to inspect inside a natural gas pipe after a fatal pipeline explosion in California five years ago, to Starbucks, which bought cameras to inspect coffee beans on a conveyor.

Earlier this year, Inuktun announced it was sending a custom snake-like crawler to the Fukushima Daiichi Nuclear Power Plant to assess the damage from 2011's massive earthquake and tsunami.

After the 9/11 attacks "we sent robotic equipment to Ground Zero to do search and rescue and search and recovery efforts," Dobell said.

"A few years ago, we sold a whole bunch of equipment to the U.S. military to actually use in cross-border tunnel investigation in U.S.-Mexico borders and also overseas in the Middle East."

But Dobell said the most compelling stuff is top secret. The company is kept quiet by big-name clients that don't want the public to know what they're using the technology for.

When Inuktun began in B.C. in 1989, its owners had no idea they would be signing non-disclosure agreements with some of the world's most prominent organizations.

Dobell said that part mater-

ialized "largely by accident," after Inuktun's co-founders Terry Knight and Al Robinson — both now retired — started the company "as kind of a fun project to take them into retirement."

"When they started they were building these little swimming ROVs," he said.

"The idea being you would sit on your boat, throw it over the edge and watch the crabs or chase fish or pick up the keys you dropped."

Dobell, who came on board in 1996, said the product was too expensive for a recreational market, but got the attention of the nuclear industry and spawned the creation of different robotic systems to meet customer demand over the years.

THE CANADIAN PRESS

## IN BRIEF

### Carphone Warehouse starts cyberattack probe

British cellphone retailer Carphone Warehouse has launched an investigation after personal details of up to 2.4 million customers may have been accessed after the company was hit by a cyberattack.

The company also said up to 90,000 customers may also have had their encrypted credit card information accessed. The security breach could have included names, addresses and bank details. THE ASSOCIATED PRESS

### China's consumer inflation up marginally in July

China says consumer inflation edged up to a still-low 1.6 per cent year-on-year in July, which leaves room for Beijing to cut interest rates or take other steps to stimulate slowing economic growth.

The inflation rate rose from the previous month's 1.4 per cent, driven by a jump in pork prices. The National Bureau of Statistics said Sunday that costs also rose for medical care, tobacco and pre-school education. THE ASSOCIATED PRESS

## UBER

## Sex-assault suspect had fake city permit

Ride-sharing service Uber says an internal investigation found it mistakenly granted driver status to a man now accused of sexually assaulting a female passenger.

WFAA-TV of Dallas-Fort Worth reports Uber Dallas general manager Leandre Johns revealed the problem in a letter to Dallas code compliance officials.

Johns said Talal Ali Chammout presented a fake city permit to obtain Uber approv-

al as a driver. He said because the permit was accepted as genuine, Uber thought he had already passed a city background check, so the company did not perform one of its own.

Officials say Chammout would have failed the Dallas background check due to a felony on his record. Records show Chammout was released in 2012 after serving time on a federal weapons charge.

THE ASSOCIATED PRESS

Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

**6 SIX@6 LAST NIGHT:**

- 6 Nicki Minaj  
The Night Is Still Young
- 5 Ed Sheeran  
Photograph
- 4 Jason Derulo  
Cheyenne
- 3 Selena Gomez ft. ASAP Rocky  
Good For You
- 2 Demi Lovato  
Cool For Summer
- 1 The Weeknd  
Can't Feel My Face

101.3 THE BOUNCE

1013TheBOUNCE.com 1013thebounce



## POLL: FAREWELL JON STEWART

Jon Stewart made a career of skewering U.S. politics and media on *The Daily Show*. Over 16 years, what started as a parody of a nightly newscast became one of the nation's most trusted sources of news — at least for liberals and progressives. We asked our readers about Stewart's next step (many are hoping it's the White House!) as Trevor Noah takes the reins.

35% RUN FOR OFFICE

14% DIRECT MORE MOVIES

15% REGROW HIS BEARD

18% RUN A NETWORK LIKE OPRAH

18% STANDUP

WHAT SHOULD JON STEWART DO NOW?

## WHO WILL YOU TURN TO FOR NEWS?

10% Maybe Mansbridge?

16% Nothing. News is dead

50% John Oliver & Stephen Colbert

24% I'll try Trevor Noah



Who was your favourite Stewart target?

29% CNN

23% SARAH PALIN

23% DICK CHENEY

13% GLENN BECK

12% ARBY'S

333 RESPONDENTS

Answer our poll every Friday at [metronews.ca](http://metronews.ca)

# A ferry to Portland may simply be too expensive

## HALIFAX MATTERS

Stephen Kimber



It was not a good week for Nova Star Cruises, the operators of the Yarmouth-Portland ferry. But it may ultimately turn out to have been an even worse week for Stephen McNeil's Liberal government.

Let's start with Nova Star. Last Tuesday, CEO Mark Amundsen announced that Nova Star had reached a multi-year deal with Euroferries Express Ltd. to provide three-times-a-day winter service between Ramsgate, England, and Boulogne, France, beginning Nov 1.

That sounded like good news: A "winter solution" for the ferry operator during the North American off-season to help stanch the flow of red ink from its money-spewing

Yarmouth-Portland route.

The problem, as Euroferries itself noted, was that the deal was not actually done. The local council in the U.K. said it wasn't even "imminent." And then — with shades of our own ongoing ferry fandangoes — the local paper reported "The last firm to run a passenger ferry service... went into administration in May 2013, owing... council more than £3 million in unpaid berthing fees."

Nova Star's news got worse. Nova Scotia Transportation Minister Geoff MacLellan described Nova Star as trying to get taxpayers here to subsidize European ferry riders.

And worse. MacLellan expressed "disappointment" with the latest Yarmouth-Portland passenger count. Even Nova Star, which last year gobbled \$28 million in provincial government subsidies and is on track for

**How much is a Yarmouth-Portland ferry service worth to the Nova Scotia economy? How much should we subsidize the service before we say enough is too much?**

another \$13 million this year, admits it will be "very challenging" to meet its 80,000-passenger target this season.

Even worse for Nova Star: MacLellan is already talking with three other firms interested in taking over the service.

This may turn out to be the worst news for Stephen McNeil's government.

Last week, before the latest ferry fooforah had even

slipped beneath the water line, the premier offered a ringing endorsement. "I'm committed to that link to the New England states. No decision has been made if it'll be the current (operator) or a future one, but let me be certain we are committed to a ferry service from Yarmouth."

Given our litany of losses, even before Nova Star, how much is a Yarmouth-Portland ferry service worth to the Nova Scotia economy? How much should we subsidize the service before we say enough is too much?

Shouldn't our premier ask those questions before he makes promises we will have to keep?

**Stephen Kimber** is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster.

## ROSEMARY WESTWOOD

metroview



## Columns come in a few finite forms. Here's a cheat sheet

We've reached Peak Opinion.

I say that with authority because every day I file into the cacophony columnist melting pot/Twitterverse/Internet-universe/Facebook-land and languish among the Tabatha Southneys and Jessica Valentis. And, of course, the men — also known as two thirds to three quarters of all columnists.

But all that chinwagging doesn't have to confuse. Despite the perpetual spew, columns come in a few finite forms. Here is your cheat sheet.

**The Hot Take:** To quote the New Republic quoting Salon's Simon Maloy, "A hot take is a piece of deliberately provocative commentary that is based almost entirely on shallow moralizing."

**The Comic Angry:** A scathing column with metaphors more grandiose than Donald Trump on a gold toilet on an elephant on a rocket in space yelling "I don't need anybody's money!"

**The Why This is Wrong:** Take a controversy, pick a side and say why the other is wrong, or why they're both wrong, or why the reader is wrong to think one of them is wrong.

**The We're All Feminists Here:** Ask women celebrities to play nicely, because even if they hate each other, we should all hate patriarchy more. Vive la feminist dream!

**The Slice of Life:** Something mildly interesting happened

to me the other day, and now you're going to hear about it.

**The Me vs. Trend:** There's a new trend. This is why it's stupid, or great, or why you're stupid for doing it, or stupid for not doing it.

**The You Should Know About This:** Something important is happening in the world, but Kim Kardashian gave birth again so you haven't heard yet. It could be happening close to you, or far away, but you should know because, like I said, it's important.

**The We Take Celebrity Too Seriously:** Self-explanatory.

**The Satire:** I don't mean a word of this.

**The Reasoned View:** There's fierce debate over an issue, but the correct view is to tread the middle ground, cherry pick from both sides and blend into a position both lucid and impossible to act from.

**The Life is Good:** Amid the wars and corporate greed, this individual has done something inspiring/extraordinary/life-fulfilling. So cheer up.

**The Epiphany:** Here I share an experience that clarifies one of the meanings of life. You're welcome.

**Peak Opinion,** unlike other peaks, will not edge off into a decline. It's more a plateau. But at least you can now say, 'Hey! She's just doing the We Take Celebrity Too Seriously!' shrug, stop reading and enjoy your day.

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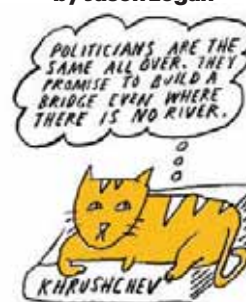
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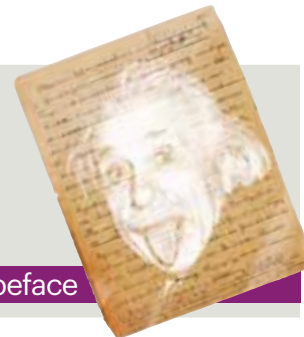
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**PHILOSOPHER CAT**  
by Jason Logan







## The young and the not-so-sober

ISTOCK

### ALCOHOL ABUSE

#### Marry young and you could bypass binge drinking: Study

Problem drinking tends to decrease with age for many individuals, but a new study says marriage could allow young people with a tendency to abuse alcohol to bypass an unhealthy phase.

While social scientists and psychologists would have once said that binge-drinking young adults are not ready for marriage and should learn to curb their habit before tying the knot, this U.S.-based research team has another perspective.

"Confirming our prediction, we found that marriage not only led to reductions in heavy drinking in general, this effect was much stronger for those who were severe problem drinkers before getting married," says Matthew Lee of the University of Missouri.

Springboarding off a theory that Lee describes as the "role incompatibility theory," the team hypothesized that the most se-

vere of problem drinkers must make the most dramatic changes in order to adapt to the demands of married life.

Behavioural change, says Lee, is one way to resolve incompatibility with a new role such as that of a husband or wife.

The team established that the older people got, the less they drank.

This effect was even more pronounced for those who were problem drinkers before marrying, according to the study, whose hypothesis was thus confirmed.

"We believe that greater problem drinking likely conflicts more with the demands of roles like marriage," says Lee. "Thus, more severe problem drinkers are likely required to more substantially alter their drinking habits to adapt to the marital role."

The study brings to light the concept of lifestyle roles as a driving force behind reducing alcohol consumption.

The research team believes that with further studies, they could uncover key insights that could change our approach to young people who abuse alcohol.

The study was published in the journal *Alcoholism: Clinical and Experimental Research*. AFP

**ROLE INCOMPATIBILITY THEORY**  
The most severe of problem drinkers must make the most dramatic changes to adapt to the demands of married life.

### + HANGOVER CHIC

#### New beauty trend: looking like you had too much to drink

Being drunk or hungover isn't usually regarded as a great beauty look, but all that is changing thanks to a new Asian trend. "Hangover makeup" is the latest look to hit social media, with girls in Japan and Korea uploading photos of themselves on Instagram intentionally looking like they've just come home from a big night out.

Eye bags are traditionally seen as something to try to hide, cover up or zap in the West, but puffy peepers form an integral part of this hot new look, with some women going so far as to contour their under-eye area to make it appear bigger. This is particularly popular in Korea, where puffiness is seen as pretty.

Blush applied directly under the eyes to give the impression of being tired is also a key part of the trend, especially in Japan. Instagram users like @matilda\_xy have been demonstrating how a thick sweep of blush above the cheekbones results in the sort of tired, slightly feverish esthetic that only a hangover can bring about. Instagrammer @mavis\_guo shows how the look can be paired with pale skin and a slightly shiny eye for that "just woke up" vibe. AFP



### PROBLEM DRINKING

#### Millennials take to online sobriety aid

While face-to-face meetings are more effective than online groups when it comes to curbing alcohol abuse according to a survey presented last week at the American Psychological Association's convention in Toronto, the use of web-based sobriety support sites is steadily growing.

Wayne Skinner, a clinical director in the addictions program at Toronto's Centre for Addiction and Mental Health (CAMH), called the findings interesting and a basis for further research.

He suggested there is undoubted value in people with addictions getting together for group support, but the Internet does offer an alternative for those unable or unwilling to go that route.

"This is where I think online has an advantage," said Skinner, who was not involved in the research. "When we're trying to set up support groups for family members or clients in recovery, you have to have a certain time, a certain place and enough people to come."

"That's often a barrier."

He said the ability to offer peer support to an extended group of people is a powerful dividend from the technology — and one that more and more young computer-savvy people will likely embrace in the future, he said.

While lead researcher Don Grant of Fielding Graduate University in Santa Barbara, Calif., worries about the future of face-to-face meetings, he does acknowledge the benefits of online support.

"The idea that it is available 24-7-365 is phenomenal," he said, noting that the Internet also allows people who are geographically isolated or have psychological or physical disabilities to connect with others.

"They can finally get help instead of being desperate and alone," said Grant, who advocates regular attendance at meetings, buttressed by online support when a person needs it to either get sober or to stay sober.

THE CANADIAN PRESS



**The idea that it is available 24-7-365 is phenomenal.**

Don Grant on the benefits of online support



# Eat well, spend less: Author shares tips

## COOKING Cookbook inspired by Vancouver mom's blog

Emily Wight insists you don't have to break the bank to eat well.

Her new cookbook, *Well Fed, Flat Broke: Recipes for Modest Budgets and Messy Kitchens* (Arsenal Pulp Press), stems from a blog she began writing after graduating from university.

"It was the perfect subject matter for the times," Wight says.

"Student loans were about to become payable and I was still just getting into full-time work.

"It seems to appeal to people because a lot of us are in the same boat. You don't want to sacrifice taste and you want to look forward to your meals, but on the other hand, you've got your rent to pay, your daycare to pay and it's expensive."

Now the 32-year-old is balancing a career in communica-

tions at the University of British Columbia and motherhood, with toddler Hunter, who will be four in November. But she eked out enough time to write her book, with tips and recipes gleaned from years of frugality.

"You don't have to have expensive ingredients to make a satisfying meal. I find I can make a perfectly delicious pasta sauce with canned tomatoes that are the no-name brand, so you don't feel you have to go out and buy the most expensive thing in order for it to be good," she says from Vancouver.

"You can have delicious and luxurious and satisfying meals on a budget."

To control her spending, her food budget has its own bank account.

She reads flyers and shops at stores that offer mobile apps.

"They make it really easy and convenient to use their coupons and stretch your dollar a little further with points programs."

She also buys locally as much as possible.

"Little farm stands and farm markets are a great place to get good value on your produce. The same goes for some of the Asian markets or ethnic markets in your community, because a lot of those places will be bring-



**Lentil Sloppy Joes.**  
THE CANADIAN PRESS/HANDOUT

ing in produce at quite a good price as well."

The latter are also a great source for condiments and sauces to liven up a simple recipe.

"A little bit of fermented bean paste, for example, makes green beans something really different and a little kimchee goes a long way."

The spicy fermented Korean side dish can be tossed into fried rice or pancakes or can accompany a rice and lettuce wrap.

Buy meat in bulk when possible, she advises.

"The butcher is really great because you're not getting that grocery store markup and you're also getting the expertise," Wight says.

If you have the space, a chest freezer is ideal for storing bulk buys. Wight bought hers on Craigslist for about \$25.

"It's not nice looking. But it's a great way for us to economize and my husband hunts and fishes so we pack up the freezer."

She also likes to make one-pot dinners that will provide enough to have leftovers for lunch the next day.

"Something like a lentil sloppy joe heats up pretty nice the next day at work, or sometimes a curry or a dal, I can just pile it over rice and eat it at work or send it to daycare for Hunter."

Wight remembers only too well juggling tuition and rent as a student.

In early fall, before life heats up with assignments, she suggests that students stock up for winter, when items like onions, squash and potatoes are cheaper and of good quality.

Make batches of soup, chili or cabbage rolls in a slow cooker. Freeze portions to defrost and eat when exams are looming.

THE CANADIAN PRESS



**Emily Wight, above, insists you don't have to break the bank to eat tasty, healthy meals.** TRACEY KUSIEWICZ/HANDOUT

## IN BRIEF

### Your guide to America's most underpaid CEOs

The U.S. Securities And Exchange Commission recently ruled that public companies disclose the ratio of the CEO's pay to that of the average employee. Here's a list of CEOs whose annual salary is a whopping dollar:

- Kinder Morgan CEO, Richard Kinder, even reimburses the company for his expenses, like parking and health-care premium.
- Whole Foods Market Co-CEO, John Mackey, cut down his salary to \$1 and limited stock options six years ago. Whole Foods caps executive pay at 19 times the average employee.
- Co-Founder of Google, Sergey Brin's annual income dropped to \$1 when the company went public in 2004. CEO of Google, Larry Page, also received an annual paycheck of \$1, though his Class A and Class B shares in stock wouldn't reflect this meager income.
- Fossil Group CEO, Kosta

Kartsotis, doesn't even receive a dollar. His annual salary beats all the rest at \$0.

It's important to note that annual salary does not equal annual compensation. Their net worth still makes these CEOs very rich people.

HADLEY BOLTRES/METRO IN NEW YORK

### Vice digital staff unionize

Vice Media's digital editorial staff are joining a union — the latest in a wave of digital staffers voting to unionize.

The Writers Guild of America, East, said Friday that the next step is negotiating a collective bargaining agreement with Vice management. Vice CEO Shane Smith said he supported the writers' decision to unionize. "As an old, grey-haired man all I want is for my beautiful Vice family to be happy — those writers who voted to unionize and those who did not," he said in a statement.

Over the summer, Gawker Media, Salon and Guardian U.S. staffers joined the same union. THE ASSOCIATED PRESS

## WORKPLACE

# How to cover for vacationing coworkers

### OFFICE RELATIONS

**Eleni Deacon**



When you're on vacation, your work should feel miles from your mind. But for your colleagues stuck back at the office, your work could cause double-duty pressure.

During the summer months, most employees want to skip town. And while their time off is hard-earned, the stragglers must pick up the slack.

Filling in for absent coworkers inevitably means more tasks — but it doesn't have to mean more stress.

Before you hop on a plane, make a plan. Establish which of your colleagues will be responsible for your assignments, then walk them through any unfamiliar processes. This conversation should not be saved for 4:30 p.m. on your final day (at which point you'll already be deep into crack-a-Corona mode). Set aside time during

the week before your departure to thoroughly review your requirements, then follow up pre-takeoff to ensure there are no outstanding questions.

Keep your to-do list doable. Your vacation is not an opportunity to saddle someone else with that finicky project you keep putting off. Set priorities, and only assign the must-get-done jobs. Provide clear, written instructions for how and when each component must be completed, and address how to handle any snags. No one wants to answer emails while they're away. Properly brief your understudy, and you'll

have no reason log in.

If you're the one stuck at your desk, get proactive about your impending workload bump. Before your colleague scoots to the cottage, ask all your questions and make sure you

feel confident covering their tracks. Answering emails on vacation is bad. Even worse: emailing your vacationing coworker with persnickety queries you should have addressed before they left. When your plate is already

heaping, extra chores can feel extra annoying. But your coworker's absence is actually an opportunity. If they perform different duties, deal with different clients, or have a different role altogether, this is a chance to pick up new skills and gain a deeper understanding of your organization. Think of it as a time to test-drive another job. You'll learn what you like — and what you don't enjoy, you won't have to do for long.

Whether you're vacationing or staying, arranging a holiday back-up plan can be nerve-wracking. When you're leaving, you fret about returning to a mess. When you're filling in, you worry about messing up.

In both cases, relaxing is an asset. No one can do someone's job exactly like them. But if everyone preps and tries their best, this phase should pass without chaos. Then the traveller can focus on being away — not what's happening back at work.





# It's only a reward if you save

## CREDIT CARDS

### Points distract from annual fees and high interest rates

**Kyle Prevost**  
youngandthrifty.ca

Let me get this straight — credit card companies will give me tons of free stuff just for using their card to buy what I was going to buy anyway?

Well... sort of.

Who doesn't love free points? I love free points, miles, cash back — they all sound great to me.

Those points/miles/gem stones that your credit card company is promising aren't mirages, but they aren't exactly free either — at least most of the time.

The best rewards cards all have two things in common: they have an annual fee and they have relatively high interest rates — usually 18 to 20 per cent.

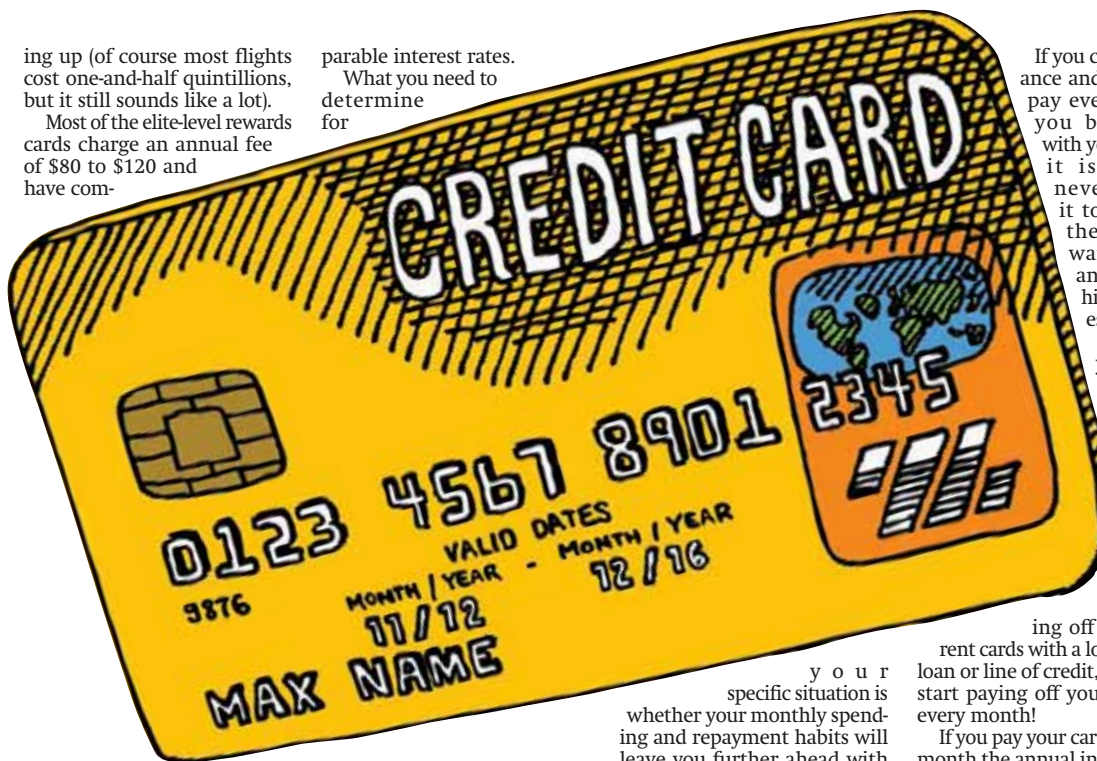
There are no-fee cards that have some limited rewards features and/or a lower interest rate, but you'll notice they are never quite as lucrative as the mega-platinum versions that offer a quintillion points for sign-

ing up (of course most flights cost one-and-half quintillions, but it still sounds like a lot).

Most of the elite-level rewards cards charge an annual fee of \$80 to \$120 and have com-

parable interest rates.

What you need to determine for



**Those points/miles/gem stones that your credit card company is promising aren't mirages, but they aren't exactly free either — at least most of the time.**

If you carry a balance and don't repay every dollar you borrowed with your card(s) it is almost never worth it to go with the best rewards cards and pay the higher interest rates.

Instead, you should look at getting a credit card with the lowest possible interest rate, paying off your current cards with a low-interest loan or line of credit, or simply start paying off your balance every month!

If you pay your card off every month the annual interest rate is irrelevant to you.

Now you can start counting your chickens before they hatch (note to self: new credit card promotion aimed at farmers...) and looking at what rewards best fit you.

Some cards give more points for travel, while others prize

## BANK NOTES

### Credit card rewards tips

- Try to negotiate not paying the annual fee. You should be able to get out of paying it for the first year for sure.
- Several provinces will allow you use Aeroplan points to repay your student debt.
- Not all points/miles/rewards are created equal. Check to make sure you're comparing apples to apples when looking at the value of your rewards system.
- Some companies bank on points/miles/rewards inflation rates so that you will be penalized for hanging on to your points too long.

groceries and gas station purchases. You need to do some basic math and figure out if you spend enough that the rewards you will accrue are worth more than your annual fee.

There are some great online resources out there at places such as LowestRates.ca and RateHub.ca that allow you to quickly compare your credit card options and see which one is right for you and your spending habits.

## UNIVERSITY

# Budgeting, managing debt vital for students, experts say

As students prepare to make the leap from high school to college or university, many may find themselves confronting some tough, new lessons outside the classroom.

"Kids coming out of high school have very low financial literacy," says Kurt Rosentreter, a financial adviser at Manulife Securities. "Very few understand money."

That can lead to major challenges down the road and exacerbate the debt burdens they will have to shoulder upon graduation, Rosentreter says.

"Coming out of school after four or five years with \$100,000 in debt is one of the worst things that could happen to you," Rosentreter says. "It's a burden on your back that will limit your ability to get debt for future purposes, like borrowing to buy a home or a car."

## Budgeting

Lana Robinson, executive director of CIBC Wealth Advisory Services, recommends that students create a monthly and a weekly

budget to track their sources of income and their expenditures.

Income sources can include student loans, bursaries, a line of credit, loans from family members and income from part-time or summer jobs.

Expenses can be broken down into two categories, says Robinson. Non-discretionary costs include non-negotiable items like rent, tuition and transportation.

Determining how much to spend on discretionary items requires making decisions, such as how much to shell out for cell-phone coverage and whether to eat out or cook at home.

However, it isn't enough to simply create a budget, says Robinson — for many people, the tricky part is sticking to it.

"It takes discipline," Robinson says.

For students who receive student loans and other income in large, lump sums, Robinson recommends keeping that money in a separate savings account and transferring portions of it into chequing on a monthly basis. That can help students ensure that they don't spend more than their monthly allotment.

## Managing debt

Learning how to use debt wisely is another important skill for students to grasp, says Rosentreter. It's all too easy to run into trouble by treating a credit card "like it's candy," he says.

"I've seen kids who are 25 years old who are declaring bankruptcy because they've rammed up credit cards," Rosentreter says.

There are several kinds of debt

that students can use to pay their way through school, and Rosentreter recommends sticking to those with low interest rates that allow more time for repayment.

Government student loans are usually the best option in this regard, as they typically don't require students to pay them back until after graduation. However, some students may not be able to secure as much funding through that avenue as they require — particularly if their parents are in too high of an income bracket.

A student line of credit from a bank is a good alternative, while credit cards — which have the highest interest rates and need to be paid down quickly — are the worst of the available options, Rosentreter says.

If possible, students should try to borrow money from parents, grandparents or aunts and uncles, as family members are likely to provide loans on friendly terms — for example, not requiring the student to pay back the money until he or she has landed a job. THE CANADIAN PRESS



Creating a budget may be hard for students just coming out of high school with little financial awareness, but experts say it's essential. ISTOCK

**I've seen kids who are 25 years old who are declaring bankruptcy because they've rammed up credit cards.**

Kurt Rosentreter, financial advisor



GOP

## Trump makes bloody remarks

Republican presidential candidate Donald Trump said Friday he can't recall using words such as "dog," "fat" and "disgusting" to insult women he believes have slighted him, but such language litters his Twitter feed and other comments he's made for years.

The issue took centre stage at the first Republican debate of the 2016 campaign for president, when Fox News moderator Megyn Kelly asked Trump about his use of such language and whether it reflected the "temperament of a man we should elect as president."

Trump largely dismissed Kelly's question at the debate, but on Friday he went directly after her.

Before dawn, he had retweeted a post calling Kelly a "bimbo." The post was later deleted, but on Friday evening Trump called Kelly a "lightweight."

Referring to Kelly's questions during the debate, Trump said, "There was blood coming out of her eyes, blood coming out of her wherever."

Citing that remark, conservative commentator Erick Erickson said he was withdrawing his invitation for Trump to appear at his RedState Gathering in Atlanta on Saturday. "I just don't want someone on stage who gets a hostile question from a lady and his first inclination is to imply it was hormonal," Erickson wrote on the RedState website Friday night. "It just was wrong."

In tweets sent last year, Trump called Huffington Post editor Arianna Huffington "a dog who wrongfully comments on me" and said she is "ugly both inside and out!" On some occasions Trump appears to have recognized he's gone too far. In April, he retweeted, then deleted, a tweet that read, "If Hillary Clinton can't satisfy her husband what makes her think she can satisfy America?"

THE ASSOCIATED PRESS



Fox News' Megyn Kelly.

# Guns, drugs and boobs: Cyrus on double standards

JUST BEING MILEY

## Pop star says there's 'nothing left' to catch her doing

IN HOLLYWOOD

Ned Ehrbar



Miley Cyrus and I apparently see eye to eye on a lot of things, including Taylor Swift.

Well, sort of.

While my Swift gripes are more broad and far-reaching, Cyrus is taking issue with one particular move — namely Swift's much-hyped Bad Blood music video.

"I don't get the violence revenge thing," she tells Marie Clare.

"That's supposed to be

a good example? And I'm a bad role model because I'm running around with my t----- out? I'm not sure how t----- are worse than guns." Ain't that America, right?

Cyrus also has some other insights that are genuinely awesome, like her take on the double standards of show business: "There is so much sexism, ageism, you name it," she says.

"Kendrick Lamar sings about LSD and he's cool. I do it and I'm a druggie whore."

Oh, and all of her outlandish behavior and aversion to clothing? It's all pretty savvy, actually.

"There's nothing left to catch me doing," she explains.

"You want to hack my email so you can find my nude pictures? I'll just f---ing put them up."

Right on.

metroGOSSIP  
MUST  
READ

Miley Cyrus is not impressed by Taylor Swift's Bad Blood music video. ALL PHOTOS GETTY IMAGES

**Kendrick Lamar sings about LSD and he's cool. I do it and I'm a druggie whore.**

Miley Cyrus

UTOPIA

## Smith pontificates on transcendence



Willow Smith takes inspiration from the movie Avatar.

In case anyone's interested, 14-year-old singer and budding philosopher Willow Smith has her idea for utopia all worked out, as she tells i-D magazine in an interview.

"The whole world would be one big tribe, one big commune. It wouldn't be split up and divided, we wouldn't be fighting nearly as much, we wouldn't be using unnecessary sources of power," she says.

"We'd be using free energy, we'd be eating from the trees, we'd be drinking from the natural stream. There wouldn't be

traffic, and diapers and pollution in our rivers. It would all just be transcending into another dimension."

See, you had me and then you lost me.

Oh, and the secret to Smith's ideal worldview?

James Cameron's Avatar, naturally, which she called "my life." Because obviously.

"The strength that the tribe has to overthrow the Sky People, that's the kind of strength that we need to have," she says.

NED EHRRBAR/FOR METRO

GOSSIP NOTES

**McQueen exhibit a smashing success for London museum**

An Alexander McQueen exhibit has become the most successful paid-for exhibition at the Victoria and Albert Museum in London. During its 21-week run, Alexander McQueen: Savage Beauty attracted more than 493,000 visitors from 87 countries, including guests from East Timor and Uzbekistan, says the museum.

The exhibit, which paid homage to the late designer, also sold a record-breaking 84,000 advance tickets and, to meet unprecedented demand, kept the museum open throughout the night for the first time in its history during the final two weekends. It also attracted an online audience of 3 million. AFP

BODY JEWELLERY

## Kravitz is pierced for her pleasure



Lenny Kravitz's pants split open on stage.

While Lenny Kravitz isn't talking about the surprising public piercing the world found out about last week when his pants split open on stage in Sweden, the artist who applied it is more than happy to.

"The piercing still looks happy, healthy and very sturdy. I was proud to see it alive and kicking," body

modification artist Elayne Angel tells Mashable.

And she offers some insight into the purpose of the piercing: "He liked the idea of having one that was in proximity to his penis but not on it. He's definitely into aesthetics and how it looks, but this one also had function. It was meant to please women," she explains.

"It hits the woman in the clitoris during intercourse."

Well all right, then.

NED EHRRBAR/FOR METRO



# Jays spank the Yanks

MLB

## Toronto caps 3-game sweep; allows just 1 run in series

Josh Donaldson and Jose Bautista each hit a long home run, and the Toronto Blue Jays earned their eighth straight victory by beating the New York Yankees 2-0 Sunday to complete a three-game sweep that tightened the AL East race.

Marco Estrada tossed three-hit ball into the seventh inning against the suddenly slumping Yankees, outpitching Masahiro Tanaka during Toronto's second consecutive shut-out.

In a series that featured the top two offences in the majors, New York mustered only one run and went scoreless over the final 26 innings. Not since 1999 had the Yankees been blanked in two straight games.

With their 11th win in 12 games, the streaking Blue Jays pulled within 1-1/2 games of the first-place Yankees. It was the first time since May 2003 that Toronto swept New York in a series of at least three games.

Estrada (10-6) kept New

SUNDAY In New York

**2 0**  
BLUE JAYS YANKEES

York's dangerous lineup off balance all day, masterfully mixing his 77 m.p.h. changeup with a 90 m.p.h. fastball and slow curve. He gave up three singles and three walks, striking out six.

The right-hander was lifted after 89 pitches with two on in the seventh. LaTroy Hawkins got out of the inning, Aaron Sanchez pitched a hitless eighth and Roberto Osuna

worked a perfect ninth for his 10th save.

Donaldson homered into the Yankees' bullpen in right-centre on the seventh pitch from Tanaka (8-5), who yielded three hits in six innings. The

right-hander was relieved after 80 pitches.

Bautista connected in the fourth, launching a mammoth drive that struck the facing of the second deck in left field.

Donaldson also went deep in the first inning Friday night, when Bautista's homer in the 10th sent Toronto to a 2-1 victory in the series opener.

THE ASSOCIATED PRESS

“

**I've got a hard head, so it's all good.**

Yankees left-fielder Brett Gardner, who was hit in the back of the head when a fan threw back a Jose Bautista home run ball



Blue Jays shortstop Troy Tulowitzki, right, turns a double play over the Yankees' Brian McCann in New York, Sunday. SETH WENIG/THE ASSOCIATED PRESS

PGA

## Lowry cards 66 for WGC victory

With no mistakes and two great escapes from the trees, Shane Lowry of Ireland introduced himself on a world stage by winning the Bridgestone Invitational on Sunday in Akron, Ohio.

He locked up victory in this World Golf Championship with a shot through the trees from left of the 18th fairway that descended over a bunker and settled just over 10 feet away for one final birdie and a 4-under 66.

"I was trying to get it to the front right of the green, but I pulled it a little bit," Lowry said. "Obviously, it went through the tree, and the rest is history. I couldn't believe I was seeing the ball coming down from there, coming down on the green."

He won by two shots over Bubba Watson, who also shot 66.

Lowry won the Irish Open as an amateur in 2009, and he picked up his first European Tour victory in 2012 in Portugal.

In the final round at Firestone, Lowry produced a flawless card of no bogeys and plenty of emotional fist pumps to celebrate the biggest win of his career. He is the first non-PGA Tour member to win a WGC since Martin Kaymer at the 2011 HSBC Champions.

Jim Furyk and Justin Rose, who shared the 54-hole lead, couldn't keep up. Both closed with a 72 to tie for third, four shots behind. THE ASSOCIATED PRESS

NASCAR

## Logano's late pass leads to Glen win

Joey Logano had enough fuel this time.

A week after running out of gas while leading at Pocono with three laps to go, Logano passed Kevin Harvick on the final turn as Harvick ran dry to win the NASCAR Sprint Cup race at Watkins Glen International on Sunday.

Logano completed a weekend sweep after winning the Xfinity race on Saturday and gave Roger Penske his first Cup victory at The Glen. THE ASSOCIATED PRESS



Joey Logano celebrates Sunday's win. THE ASSOCIATED PRESS



### IN BRIEF

#### Nishikori rallies to beat Isner in Citi Open final

Getting his hard-court game in shape ahead of the U.S. Open, Kei Nishikori came back to beat big-serving John Isner 4-6, 6-4, 6-4 on Sunday for his first Citi Open title.

The second-seeded Nishikori, the runner-up at Flushing Meadows last year, weathered 18 aces from the eighth-seeded Isner, a six-foot-10 American who fell to 0-3 in finals in Washington.

THE ASSOCIATED PRESS

MLB

## Rays erase 3-run deficit to beat Mets

Rookie Richie Shaffer hit a tie-breaking homer in the seventh inning and the Tampa Bay Rays once again rallied from an early three-run deficit, beating the New York Mets 4-3 Sunday.

For the second straight day, the Rays quickly fell behind 3-0 to the NL East leaders.

Shaffer's third hit in three at-bats against Bartolo Colon (10-11) was a solo shot into the left-field seats. Shaffer entered with one hit — a homer — in seven at-bats this season.



### DOWNSWING

The Mets have lost two straight following a seven-game winning streak.

John Jaso drove in three runs for the Rays, who reached the .500 mark at 56-56.

Xavier Cedeno (2-1) pitched a scoreless seventh while Jake McGee got three outs to pick up his sixth save. THE ASSOCIATED PRESS



Shane Lowry celebrates with his caddie Dermot Byrne after making a birdie putt on the 18th hole at the Bridgestone Invitational on Sunday. MIKE LAWRIE/GETTY IMAGES



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**metro**

# Rivard a multi-medal threat

## PARAPAN 2015

## Swimmer is fresh off winning pair of world golds

She travels the planet as one of Paralympic swimming's brightest young stars, and has already stood atop numerous international medal podiums.

But Aurelie Rivard looks forward to the day she can do what other teenagers take for granted — text with two hands.

The 19-year-old from Saint-Jean-sur-Richelieu, Que., who was born with an underdeveloped left hand, could win up to seven medals at the Parapan American Games this week in Toronto. The Games come on the heels of a world championship performance that saw her win two gold and two silver.

And the punctuation mark to an outstanding year will come



**Aurelie Rivard** STEVE RUSSELL/  
TORSTAR NEWS SERVICE

in September, when she gets her first-ever prosthetic hand, custom-matched to her skin tone and complete with heated sensors in the fingertips for texting.

"I didn't even know they could do that," Rivard marvelled.

Rivard turned down an offer for a prosthetic hand several years ago, saying the quality wasn't great, and it would have restricted the movement in her wrist.

"But a couple of months ago I saw a girl and she had a fake hand, and I thought 'Oh, that's so cool,'" Rivard said. "I just want to have the feeling of two hands that I haven't had before."

Rivard and her twin sister Charlotte grew up swimming, starting when they were just a year old. Rivard credits sports with helping her overcome an anxiety disorder she developed as a 10-year-old that was so debilitating, she was afraid to leave the house alone. In retrospect, she believes it was partly related to her disability.

"Because I felt different," Rivard said.

Her anxiety was so overwhelming before races, she would vomit on the pool deck.

"But swimming, high-level sport, completely changed me, because I was facing my fears every single day," Rivard said. "I had to travel the world by myself, in (countries with) other languages, in other cultures."

THE CANADIAN PRESS



**WHEELCHAIR RUGBY CANADA TOPPLES COLOMBIA** Canada's Zak Madell knocks over Carlos Neme Montoya as Colombia teammate Jhon Orozco Nunez takes off with the ball during mixed-gender wheelchair rugby at the 2015 Parapan Am Games on Sunday in Toronto. Canada won the match 76-32. FRANK GUNN/THE CANADIAN PRESS

## Zack and Zach attack podium

Canada picked up two more medals in the pool at the Parapan American Games on Sunday.

Zack McAllister and Zach Zona finished second and third, respectively, in the S8 400-metre freestyle. They were looking to add more hardware in the 50-metre final during the evening session.

McAllister, of Lethbridge, Alta., grabbed the silver in a time of four minutes, 47.88 seconds. Zona, of Waterford, Ont., took

bronze in a personal best time of 4:52.36.

Brazil's Caio Amorim Muniz won the race in 4:33.10.

"I could have gone faster," said McAllister. "I kind of just knew I was going to get silver so I was playing it safe."

Earlier in the morning, McAllister swam a personal best time of 27.75 seconds and tied for an America's Record with Mexico's Armando Andrade in the 50 free preliminaries. Chris Sergeant-

Tsonos, of Kingston, Ont., qualified second with a time of 28.90 while Zona was third with a personal best time of 30.22.

McAllister, who has bone tumours which restrict the growth and range of motion of his arms and legs, said his racing needs some tinkering.

"I started well but kind of died off at the end," he said. "We will try to fix that. It's going to be a close race tonight."

THE CANADIAN PRESS



# **RECIPE** Almond Butter Noodle Salad



## **EAT LIGHT AT HOME**

**Rose Reisman**  
rosereisman.com

@rosereisman

Almond butter has a milder flavour than peanut butter. This is a great salad that can be a side dish or a main course with the addition of cooked chicken, meat or fish.

**Serves 4**

## **Ready in**

Prep Time: 15 minutes

Cook Time: 8 minutes

## **Directions**

**1.** Cook spaghetti until firm to the bite, according to package directions. Drain.

**2.** Add bell pepper, carrot, water chestnuts, green onion and cilantro to spaghetti.

**3.** Dressing: Combine all ingredients with a whisk until smooth. Pour over pasta, mix well and garnish with sesame seeds. Dressing: Combine all ingredients with a whisk until smooth. Pour over pasta, mix well and garnish with sesame seeds.

## **Ingredients**

- 8 oz spaghetti
- 1/2 large red bell pepper, sliced thinly
- 1 medium carrot, peeled and cut into matchsticks
- 1/2 cup sliced canned and drained water chestnuts
- 1/3 cup diced green onion
- 1/4 cup chopped cilantro or basil
- Dressing
- 1/3 cup almond or peanut butter
- 3 Tbsp rice wine vinegar
- 3 Tbsp light soy sauce
- 2 Tbsp water
- 1 Tbsp lemon juice
- 1 Tbsp honey
- 2 tsp sesame oil
- 2 tsp minced ginger
- 2 tsp toasted sesame seeds

## **Nutrition per serving (recipe serves 4)**

- Calories 290
- Protein 10g
- Carbohydrates 40g
- Fibre 5g
- Total fat 11g
- Saturated fat 2g
- Cholesterol 0mg
- Sodium 660mg

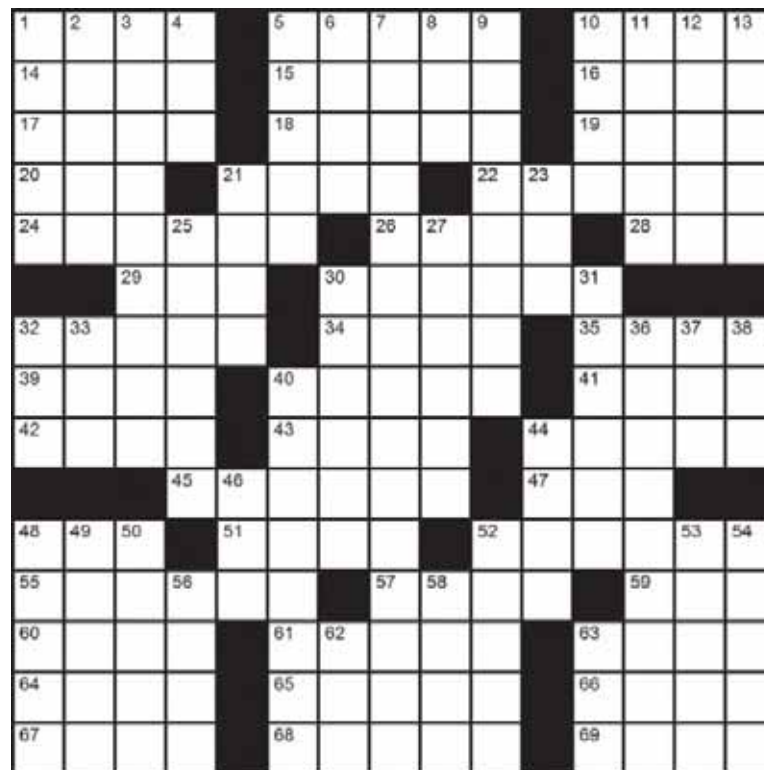
PHOTO: ROSE REISMAN

# **CROSSWORD** Canada Across and Down

BY KELLY ANN BUCHANAN

## **ACROSS**

- Honolulu's home
- Prepare, as broccoli
- Hoo-hoo-ers
- Italian car manufacturer
- Sao \_\_, Brazil
- Tangible
- Ripped
- Keyboard instrument
- Catherine \_\_-Jones
- Antiquity
- Perfect
- Victor's prize to put on display
- Beaver coin
- Roman emperor
- Affirmative reply
- Frying need
- Ambulance signals
- Skeleton's head
- Ms. Horne
- Mr. Stoltz
- Chipper
- Matte \_\_ (Toronto-born television host)
- Marvin Gaye's daughter
- Poker game stake
- Songstress Tori
- George Burns prop
- Be in need of new stock: 2 wds.
- Ms. Saldana of "Avatar" (2009)
- Electronics brand
- Multivitamin mineral
- Bone's inner
- Pomposity
- Clock time
- \_\_ generis (Unique, in Latin)
- City in Pennsylvania
- Courage
- Stars on television
- Parliament Hill worker
- Heron kind
- Remedy



- Grape's inner
- Extinct birds
- Went too fast

## **DOWN**

- Frequently
- Garlic mayonnaise
- Type of tennis playing surface: 2 wds.
- 'Comp' computer (Calculate)
- Bobbins
- Mountain lake
- Canadian women's tennis star who was born in the city at #9-Down: 2 wds.
- Birmingham's

- Where the men are competing, as per #36-Down
- Rice-shaped pasta
- Tearful
- Workshop machine
- Kills, in a fantasy novel
- Heaven's opposite
- Director Mr. Howard
- Out of \_\_ (Unbalanced)
- Mr. Borgnine
- Hit the brakes hard: 2 wds.
- Higher in position
- Health resort
- Mr. Burns of TV documentaries
- Professional tennis tournament held in Canada each year, it's currently underway in Toronto for the women players (More at #9-Down): 2 wds.
- \_\_ pinch
- Ford product
- Shunned
- Russian ruler, variantly
- Submachine gun type
- Ms. Perlman's
- Noted 'Madame' of chemistry
- Tolerate
- Combo dogs
- Outlandish
- Got smart, \_\_ up
- Marsh plant
- Cream-filled cookie
- Certain consciousness
- Namesakes of Mario's "Saved by the Bell" role

# **IT'S ALL IN THE STARS** by Sally Brompton

**Aries** March 21 - April 20  
Something that seemed so easy to do a little while ago now seems extremely difficult and you can't work out why. Don't give up on it though. What happens later in the week will make it easy again, so bide your time.

**Taurus** April 21 - May 21  
You may find it hard to get along with certain people today but it's no big deal. Rather than risk saying something you may later regret just remove yourself from their presence for a while.

**Gemini** May 22 - June 21  
It may not be easy turning down an attractive, and profitable, proposal but turn it down you must because the planets warn it will

result in more work and more pressure than you can handle.

**Cancer** June 22 - July 23  
If you have gone to extremes in any way in recent weeks, opposing forces will bring you back toward the middle ground over the next few days.

**Leo** July 24 - Aug. 23  
You seem to be anxious about financial matters at the moment but there is really no need. As Jupiter moves from your own sign to the money area of your chart tomorrow, there is sure to be good news of some kind.

**Virgo** Aug. 24 - Sept. 23  
It may seem as if someone is withholding their affections but before you get angry about it, consider

this: they may be caught up in their own worries so much they don't have time for anyone else.

**Libra** Sept. 24 - Oct. 23  
Some habits are easy to break but the habit you are struggling with at the moment seems too deep-rooted to overcome. Maybe you should stop trying so hard and instead find ways to enjoy it.

**Scorpio** Oct. 24 - Nov. 22  
If you force yourself to be enthusiastic about something you don't much like today you may surprise yourself by how easy it is — and how much you enjoy it.

**Sagittarius** Nov. 23 - Dec. 21  
Don't let yourself be talked into doing anything you don't feel com-

fortable with today. Resist, even at the risk of starting a feud.

**Capricorn** Dec. 22 - Jan. 20  
Actions always speak louder than words, so do what has to be done and don't worry that others might not understand your reasons.

**Aquarius** Jan. 21 - Feb. 19  
Don't let financial worries limit your horizons. You may think that you cannot afford to go out and have fun but you can if you use your imagination.

**Pisces** Feb. 20 - March 20  
This should be a really good week for you but there is a danger that you might be tempted to focus on minor failures and not allow yourself to enjoy the good things in life.

## **CONCEPTIS SUDOKU** by Dave Green

Every row, column and box contains 1-9



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